

good morning
today is going to be great!

THE CITY
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ITALIAN CUISINE
YOUR NONNA WILL
APPROVE OF
LUNCH RUSH {page 14}



POST-GRADS
HARRY POTTER CAST
PONDERS LIFE AFTER
HOGWARTS {page 9}



LONDON

metro®

Tuesday, November 15, 2011
www.metronews.ca



News worth sharing.

Council mulls Adelaide cameras

► Report on cost of new surveillance cameras downtown comes weeks after police launched a project to curtail crime in the area ► Ward 4 councillor says business owners are starting to notice positive changes



ANGELA
MULLINS
@METRONEWS.CA

The city is moving closer to

installing surveillance cameras east of Adelaide, with Coun. Stephen Orser expected to recommend the move tonight.

The project would cost the city

between \$100,000 and \$500,000 upfront, with annual operating costs of \$35,000 to \$40,000, according to a report from city manager Jeff Fielding and Dave O'Brien, who

oversees security and emergency management for the city.

Wireless cameras would be the cheapest route — \$100,000 in capital costs and \$40,000 a year for

operations, the report says. Cameras that work on a fibre-optic system would cost more — \$500,000 to install and \$35,000 a year to operate.

The report will be considered during tonight's meeting of the community and neighbourhoods committee. Orser, who pitched the idea of cameras for his ward in September as a means of addressing a rise in crime and drug use, likes the numbers.

"They're within striking distance," he said yesterday. "That doesn't seem all that unreasonable considering the police savings that could result."

The report does not include a recommendation from city staff but says police are on board with the idea. Money for the project isn't part of the existing emergency-management budget or the department's business plan.

Some parts of downtown have had surveillance cameras for a decade, a program that costs the city about \$130,000 a year. The cameras don't necessarily reduce the crime rate but they do help with the early detection of crime, the staff report says. They also are a good "investigative tool" for police.

Smile for the cameras

If surveillance cameras are installed east of Adelaide Street, city staff suggest they be placed along Dundas Street at these intersections:

- Rectory Street
- English Street
- Elizabeth Street
- Adelaide Street



FRANK GUNN/THE CANADIAN PRESS

Hockey Hall of Fame inductees, from left, Doug Gilmour, Mark Howe, Joe Nieuwendyk and Ed Belfour pose with sticks and pucks after being presented with their jackets and rings at the hall in downtown Toronto yesterday. The induction ceremony was last night. Story, page 21.

We Hall
of Famers
must stick together

1 news



In a bid to improve care of trauma patients, real-world surgeons will attempt to co-opt the sci-fi principle of suspended animation. Scan code for the story.

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On the web at metronews.ca



Canada's new \$100 note is a major technological and esthetic departure. Watch a video of the bill's unveiling at metronews.ca/video

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Kelly Clarkson to perform in London

ETHAN MILLER/GETTY IMAGES



► Kelly Clarkson

Two award-winning musicians will take the stage at the John Labatt Centre next year.

American Idol champion and Grammy winner Kelly Clarkson will perform in London on Tuesday, March 6. Showtime is 8 p.m. Tickets (\$49.50, \$39.50) go on sale Friday at noon.

On Tuesday, May 8, Johnny Reid is in town for a 7:30 p.m. show. Tickets (\$61.25, \$47.25, \$26.25) to see the Juno winner go on sale Friday at 11 a.m.

For tickets, visit johnlabattcentre.com.

● METRO

Future of employees uncertain

After months of uncertainty, London-based Diamond Aircraft has been sold to a company based in Dubai. But the future of Diamond's 220 employees in London remains up in the air. **AM980/AM980.CA**

Feeding. Wildlife



► Alice Jessberger, 38, and her daughter, Sophia, 5, both of Cambridge, feed peanuts to squirrels yesterday morning in Victoria Park.

ANGELA MULLINS/METRO

Reliving the good times

Alice Jessberger and her husband, Roland, 43, grew up in London, where Roland said he spent many afternoons playing in the park. Now, they've decided to share one of their favourite pastimes with their daughter.

Comedy club coming to Western Fair District

- New addition to entertainment venue expected to open in weeks
- Free parking, on-site food service expected to help with club's success



ANGELA MULLINS
@METRONEWS.CA

Western Fair District is branching into the world of comedy.

Officials at the east London venue announced plans yesterday to open a Yuk Yuk's franchise adjacent to the Carousel Room.

The announcement comes months after the Yuk Yuk's club at Wellington and York streets closed, and is the latest move in Western Fair's effort to re-

brand itself as full-service entertainment district.

Offering a dose of on-site comedy "complements the organization's goal of being recognized as the preferred centre for year-round agricultural, entertainment, education, sports and gaming activities," officials said in a statement.

The new investment will require renovating a space on the second floor of the grandstand. The club is set to open in December.

City Coun. Dale Hender-

Club's roots

- Mark Breslin, a producer, broadcaster and public speaker, formed the roots of the comedy club chain at Toronto's Church Street Community Centre in 1974.
- Yuk Yuk's now has clubs across Canada, with alumni including Jim Carrey, Norm Macdonald, Rick Moranis and Howie Mandel.

son said talks about joining forces with Yuk Yuk's have been ongoing at the fair

district.

"It was even contemplated that Yuk Yuk's would get involved with my theatre," said Henderson, who in October closed his London City Music Theatre at the venue.

While he's been critical of the fair district in the past, Henderson said the comedy club might just work out.

"They're going to be focused on this now for sure, because it's their baby," he said yesterday. "It may be a good fit."

Local police want your input

London police want your input on how they can do a better job. The London Police Service is hosting two community meetings today in preparing its business plan for 2013-15.

The meetings are to help ensure the business plan reflects what Londoners need.

The focus of the meetings will be crime prevention, law enforcement,

Schedule

- The meetings are at 1 p.m. and 7 p.m. today at London police headquarters at 601 Dundas St.

victims' assistance, public order maintenance and emergency response.

For more information, visit police.london.ca.

● METRO



CONTRIBUTED

News in brief

Suspects sought in bank robbery

NO INJURIES. London police are looking for at least three suspects after a bank robbery on Hamilton Road near Egerton Street. It happened around 9:45 a.m. yesterday. There were no reported injuries. It's unclear if any of the

suspects had a weapon, and no description of the suspects has been provided. **AM980/AM980.CA**

Banana-throw case put over

HOCKEY. Christopher Moorhouse, 26, who was accused of throwing a banana at a black NHL hockey player in an exhibition game at the JLC has had his case put over until Jan. 9.

AM980/AM980.CA

ANGELA MULLINS/METRO



► Students at Westminster Central Public School take the pledge to end bullying during an assembly yesterday, the start of Bullying Awareness and Prevention week.

School stands up against bullying

► Colleges, businesses also recite official campaign pledge ► Find out more at tvdsb.ca/endbullying

ANGELA MULLINS
@METRONEWS.CA

Ted Smith has no visions of grandeur.

He knows you can't crack the nut of bullying through a one-week campaign.

That's why the hallways of Westminster Central Public School, where Smith serves as principal, are covered with posters as constant reminders about the importance of being polite, appreciative and willing to speak up when someone is being picked on.

11,800

The number of people who took the anti-bullying pledge between yesterday morning and yesterday afternoon, bringing the grand total to 45,254.

The school's 87 students added a few more reminders to the repertoire yesterday as they and others in the Thames Valley school district marked the start of Bullying Awareness and Prevention Week.

"A lot of kids will see

bullying and not do anything about it," said Aaron Legault, 12, a Grade 7 student who led his classmates in the district's official pledge to end bullying. "(It's important) to tell (students) you shouldn't bully and you should stand up against it."

Schools across the area took a variety of approaches to kicking off the special week. Some sang anti-bullying songs, some received conflict-resolution training and some listened to anti-bullying speeches, including one from former Toronto Argonaut Chuck Winters.

NDP's heating-tax-break bill to be introduced next week

MIKEMANTHA.CA



► MPP Michael Mantha

A New Democrat bill to eliminate the provincial portion of the HST from home heating will mark the first test for Ontario's new minority government, but the Liberals wasted no time shrugging it off yesterday.

NDP Leader Andrea Horwath set out the private member's bill as her first priority yesterday.

"We thought it was really important to show Ontario families that we are serious about the commitments we made during the campaign," Horwath said.

With a combined 54 seats, the NDP and Progressive Conservatives could outvote the minority Liberals.

While Horwath did not approach Tory leader Tim Hudak to co-sponsor the bill, she said she hoped to count on his support, noting that the upcoming ses-

sion is "a perfect opportunity to start doing things differently."

Hudak suggested he'd support such a bill, saying bringing that kind of relief to families was part of his own election platform.

"It's a private member's bill, members will decide, but I'd vote for it, absolutely," he said.

New Democrat Michael Mantha, who represents the riding of Algoma Manitoulin, will introduce the bill next Thursday, calling it

\$100 savings

1 The New Democrats said that if passed, the bill will save families \$100 a year and cost the government \$350 million in lost revenue.

2 The Liberals vowed not to let the bill become law, as they still have the power to decide which bills get to third reading.

"a small step and one that will make a real difference in people's lives."

But if the Liberals choose not to call it up, the bill will get nowhere.

"Outrageous proposals for new spending and reckless tax giveaways like these are unacceptable," Finance Minister Dwight Duncan said in a statement.

THE CANADIAN PRESS

Leadership program info session

Youth aged 15 to 25 will attend the Global Vision Rising Ambassador information series at King's University College tonight from 6 p.m. to 8 p.m.

Global Vision is a national charitable organization that trains youth to potentially become Canada's next global leaders.

For more info, visit globalvision.ca. ● METRO

London cop honoured at symposium

London Police have recognized the accomplishments of Kevin Hewett with a Certificate of Appreciation award.

The award presentation took place at the OACP Diversity Symposium — Intellectual Disabilities, held recently in Mississauga. Hewett has worked for London police for the past four and a half years. ● METRO

Charged talk with Byrne at the library

Kevin Byrne will discuss electromagnetic fields pollution on Thursday at the Wolf Performance Hall at the Central Library (251 Dundas St.).

The free presentation is scheduled from 7 p.m. to 9 p.m. Byrne, president of EMF Solutions Canada, also has a website about the topic: dirtyelectricity.ca. ●

METRO

7th Annual Accessory Event

Come join in the fun as we gaze through the jewels of the season. Vendors on site showcasing the entire collections. Don't miss this event as all jewelry is here for the day only.

November 17
11-7pm

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accessory emporium

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United they fall

► It's been one month since the Occupy Wall Street movement went global ► We check in on camps in Metro cities across Canada ► Word from most officials: Get out

Occupy Vancouver

Injunction junction. B.C. Supreme Court is to hear the city's request for an injunction to remove campers from outside the Vancouver Art Gallery. On Sunday, a coroner said Ashlie Gough died of a drug overdose at the encampment on Nov. 5.



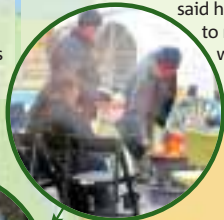
Occupy Edmonton

Extreme protesting. The group is hunkered down and preparing for winter. At the end of last week, the camp, in a small park on Jasper Avenue, received \$7,500 from the Occupy Wall Street organizers to help with winter prep.



Occupy Winnipeg

No bird baths. Protesters had their washroom privileges taken away by the Manitoba Legislative Building. Even though Mayor Sam Katz isn't sure what they want, he said he's open to meeting with protesters.



Occupy Halifax

Cuffed. Protesters say their constitutional right to freedom of expression and peaceful assembly should trump a city bylaw used to evict the group. Fourteen occupiers were arrested while being evicted from their temporary encampment in Victoria Park on Nov. 11 and three more were arrested during a protest Nov. 12.



Occupy Montreal

If you build it, will cops come? A few protesters are still at Square Victoria but they would have to build shelters to stay through the winter, something the city has said it doesn't want to see.



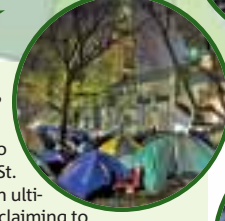
Occupy Calgary

Ticket to leave? The city posted warnings yesterday that all unattended items in the Olympic Plaza camp will be removed today. Bylaw officials have also ramped up ticketing.



Occupy Toronto

More bark than bite? Mayor Rob Ford reaffirmed his plans to evict protesters from St. James Park, despite an ultimatum from a group claiming to be hacker-activists Anonymous. Via YouTube, the group said, "You have said that by next week the occupiers shall be removed. And we say by next week if you do not change your mind, you shall be removed from the Internet."



Occupy London

Last to the party, first to get the boot. Protesters set up tents Oct. 22 in Victoria Park, which were dismantled by cops Nov. 9. Police have stepped up patrols, yet the group still holds daily meetings and rallies in the park.



Occupy Ottawa

Festive spirits. Protesters remain hopeful they can stay in Confederation Park. But the National Capital Commission, which runs the park, has said it wants the protesters out in time for it to prepare for the annual winter festival Winterlude. Preparations for the event typically begin in December.



● METRO CANADA
PHOTOS: METRO CANADA, THE CANADIAN PRESS, TORSTAR NEWS SERVICE

The pill could be bad news for guys

Researchers suggest there may be a link between estrogen from oral contraceptives that has found its way into the environment and rising rates of prostate cancer among men around the world.

In a study in the online publication BMJ Open, researchers at Princess Margaret Hospital in Toronto looked at the percentage of women using the pill, intrauterine devices, condoms and vaginal barrier contraceptives in 87 countries, then examined the incidence and deaths from prostate cancer.

"Looking at these percentages, we find a strong correlation between female use of oral contraceptives at a population level and both new cases of prostate cancer and mortality from prostate cancer," said lead author Dr. David Margel, a urologist and fellow in uro-oncology.

"This was not found among other contracep-

"This is a very, very preliminary finding and we're not telling everybody to quit the pill. But further research needs to be done and it's an interesting finding."

DR. DAVID MARGEL, STUDY'S LEAD AUTHOR

tive modes," he said.

The research team used data from the International Agency for Research on Cancer and the UN World Contraceptive Use report to determine rates of prostate cancer and associated deaths as well as the proportion of women using common methods of contraception in 2007.

Margel said estrogen in birth-control pills is excreted in the urine and gets into the environment, particularly into water, and scientific evidence suggests that low levels may cause cancer, including prostate cancer.

"What we found was that in countries where the oral contraceptive was used more often, prostate cancer had a greater incidence," said

Margel. But he stressed there may be many factors involved, and teasing out the effect of pill-based estrogen alone would take much more research.

While the amount of estrogen excreted by any single individual is extremely small, "when millions of women are doing it and for a long period of time, it may cause low environmental estrogen levels," Margel explained.

"We think further research is needed to explore both oral contraceptives, but also other estrogenic compounds that may contaminate our environment and may cause and increase the incidence and mortality from prostate cancer."

THE CANADIAN PRESS



\$100. Smile

► Bank of Canada Governor Mark Carney shows off the new \$100 bill, Canada's first polymer bank note, yesterday.

NATHAN DENETTE/THE CANADIAN PRESS

Note in plastic, it's fantastic

The Bank of Canada yesterday rolled out its new \$100 bill to replace the cotton-paper-blend note. The bill features a wealth of anti-counterfeiting features such as partially hidden numbers, a large, transparent window, transparent text, a metallic portrait, raised ink and a frosted maple leaf window. The \$50 polymer note will follow next March. The rest of the plastic money will be in circulation by the end of 2013.

Rifle demo doesn't end well for 14-year-old

A 14-year-old Winnipeg boy is facing eight weapons-related charges after accidentally firing a gun at his friend. Police say the show-and-tell went wrong yesterday when the suspect pointed the rifle at the 14-year-old victim, mishandled the firearm and shot him in the upper body.

Police and paramedics were called to an apartment at about 4:30 p.m. The victim was brought to hospital in stable condition. Police say the suspect was showing off the rifle to a group of teens and may not have intended to shoot the victim. The suspect fled the apartment but turned himself in later that night.

Winnipeg police said they are still searching for the weapon.

Several teens gathered in the apartment suite are known to police for either drug-related charges or ties to gangs.

● CRYSTAL LADERAS IN WINNIPEG



JACKPOT ALERT

Play as a group. Win as a group. This Wednesday's Jackpot is

\$30,000,000

Estimated

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Lottery Group Play Form

welcome to cloud 649

ESTIMATED JACKPOT

\$30 MILLION*

NAME	NUMBERS	SIGNATURE	PHONE	\$	PAID
1	<input type="checkbox"/> BOX FOL				
2	<input type="checkbox"/> BOX FOL				
3	<input type="checkbox"/> BOX FOL				
4	<input type="checkbox"/> BOX FOL				
5	<input type="checkbox"/> BOX FOL				
6	<input type="checkbox"/> BOX FOL				
7	<input type="checkbox"/> BOX FOL				
8	<input type="checkbox"/> BOX FOL				
9	<input type="checkbox"/> BOX FOL				
10	<input type="checkbox"/> BOX FOL				
11	<input type="checkbox"/> BOX FOL				
12	<input type="checkbox"/> BOX FOL				
13	<input type="checkbox"/> BOX FOL				
14	<input type="checkbox"/> BOX FOL				
15	<input type="checkbox"/> BOX FOL				

Disclaimer: The Lottery Group Play Form is made available by OLG solely for the convenience of lottery group players. OLG assumes no responsibility for the fulfillment to any prize of any group or group member or for compliance with any laws, which may prohibit or restrict group playing activities. All group members must be 19 years of age or older. For more information about group play or the prize-winning transactions, please call or visit the OLG Support Centre at 1-800-387-0098. *In the event of any discrepancy between this information and that available from OLG, the latter shall prevail.

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Slowdown in all major economies: OECD index

- Changes in economic trend over six to nine months
- Index doesn't judge speed of recovery or downturn

The global economy — including Canada — is on track to slow in the coming months, according to a report from the Organization for Economic Co-Operation and Development.

The OECD said yesterday its monthly index for composite leading indicators pointed “more strongly to slowdowns in all major economies” with Canada among those set to see growth drop below the long-term trend.

The Canadian economy has weathered the recession and its aftermath better than many other countries, but is still feeling the drag of a painfully slow global recovery.

Canada dropped 0.4 points in September, taking its composite leading index number to 99.4, down from

101.2 in May. The country's leading indicator has been falling for several months and dropped below 100 in August.

For the OECD member countries as a whole, September's reading was 100.4, down 0.4 percentage points from August and down from 102.3 in May.

Severe debt problems in Europe combined with slow growth in the U.S., Canada's biggest trading partner, will likely reduce demand for the natural resources that Canadian companies produce.

Bank of Canada governor Mark Carney warned that the global economy was confronted by a new wave of credit tightening as a result of the European debt crisis. Carney said it is up to the public sector, in

Market moment

TSX



- 52.66
(12,224.19)

Dollar



+ 0.08¢
(98.34¢ US)

Oil



- 85¢ US
(\$98.14 US)

Natural gas

\$3.458
(- 12.6¢)

Gold

\$1,778.40
(- \$9.70)

particularly central banks, to ensure there is sufficient credit available at reasonable terms for businesses and households to invest and spend. **THE CANADIAN PRESS**

Roofs. Bobbing



► In this Oct. 16 photo, vehicles at a Honda car factory sit submerged in floodwaters in the Rojana industrial district in Ayutthaya province, central Thailand.

SACHAI LALIT/THE ASSOCIATED PRESS FILE

Sinking just below the surface

A month after being inundated, the factory that makes nearly five percent of Honda vehicles worldwide is still submerged under 1.5 metres of water.

\$1.50 Starbucks had been adding a \$1.50 surcharge for bags of coffee weighing less than a pound without telling customers, which is illegal.

Starbucks drops hidden costs

Starbucks Corp. has stopped tacking on a surcharge for bags of coffee beans weighing less than a pound in the U.S. after a Massachusetts consumer-

protection agency fined the company \$1,575 US over the practice. Starbucks, claims the charge covered extra labour and packaging costs. **THE ASSOCIATED PRESS**

Political divide in Italy as PM designate steps up to plate

Italy's prime minister-designate Mario Monti said yesterday it is “premature” to say whether the country will require more tough measures to rescue its finances and revive its economy, as he sought enough backing from political parties to form a government.

Two days after Silvio Berlusconi resigned, and with investors still nervous about Italy's credibility, Monti spent yesterday consulting with political parties, then said he couldn't say when he would have a cabinet lined up.

Pressured by financial markets, Italy's parliament

last week gave final approval after weeks of political squabbling over emergency measures aimed at cutting spending and spurring economic growth, but it is unclear if that action is enough with Italy's debt costs shooting upward.

A few party leaders — including ones in Berlusconi's party — have been demanding the non-partisan Monti only last long enough to implement economic reforms, then step down so elections can be called this spring, a year ahead of schedule.

But Monti, a 68-year-old economist, made clear that he intends to serve until

spring 2013 elections. “If a date before (2013) is set, this haste would take



GREGORIO BORGIA/THE ASSOCIATED PRESS

away credibility from the government's actions,” Monti said. “I won't accept”

such a condition, he said.

Investors initially cheered Monti's appointment, though concern lingered about the sheer amount of work his new government will have to do to restore faith in the country's battered economy and finances.

Analysts say Berlusconi's exit and Monti's new government will only be the start of a long process of change in Italy. “It will take years of unprecedentedly tight fiscal policy to get the public finances on a stable footing,” said Ben May, economist at Capital Economics. **THE ASSOCIATED PRESS**

Eyes on Monti

- Monti is set to meet today with Italy's two largest parties, whose votes are crucial in a confidence vote for his government.
- Monti was asked by Italy's president Sunday to create a government of experts capable of overhauling an ailing economy and keeping market fears from threatening the euro.
- His government would need to implement economic reforms aimed at revising stagnant growth to bring down public debt, stuck at near 120 per cent of GDP.
- Monti said he would take his time to build a team.

Arms open to Asia Pacific trade

Canada has emerged from meetings with Asia Pacific nations with one foot firmly facing East in search of new economic opportunities and the other kicking its largest trading partner for delaying a major Canadian pipeline.

Prime Minister Stephen Harper used the two days at the APEC Summit in Hawaii

to more forcefully advance a trade strategy for the region that his government has been promising for the last five years.

Frazzled European and American markets mean all eyes are now on Asia Pacific economies. Leaders of the 21-member APEC said the region is now the vanguard for global growth due to

previous progress in forging closer economic ties and free trade.

Their efforts received a boost from U.S. President Barack Obama's success in brokering an expansion of an existing free-trade bloc of countries in the region from four members to nine, with three more knocking at the door. **THE CANADIAN PRESS**



SEAN KILPATRICK/THE CANADIAN PRESS

► Prime Minister Stephen Harper and U.S. President Barack Obama at the 2011 APEC Summit on Sunday.

Airline fined \$900K for tarmac delays

The U.S. Department of Transportation said yesterday it has fined a regional affiliate of American Airlines — American Eagle Airlines — \$900,000 US for keeping hundreds of passengers cooped up for hours on planes in Chicago earlier this year. The airline

had tarmac delays of more than three hours on 15 flights arriving at O'Hare International Airport on May 29, affecting 608 passengers. Up to \$250,000 can be credited for refunds, vouchers and frequent-flyer mile awards to passengers.

THE ASSOCIATED PRESS

OPTICAL ILLUSIONS: A LIFE BEHIND THE LENSES

SHE SAYS ...

JESSICA NAPIER
METRO



the same.

Anyone who has grown up in glasses will tell you that spending your middle school years behind lenses isn't all that fun. My poor eyesight always forced me to the front of the class and made team sports nearly impossible. Even if boys

did make passes at me in my glasses (which they didn't), I was too blind to notice.

For years I dreaded the annual trip to the optometrist, knowing that, no matter what I did, I would perform worse and worse each time. Thankfully, like most young adults with impaired vision, my prescription started to level off when I hit my early twenties.

Today, my Rx for distance vision is a solid -6.50 and I'm experiencing a slow degeneration rather than a rapid decent into darkness.

Had my eyes continued to worsen at the rate they were going, I would have been legally blind before my 25th birthday.

Those with 20/20 vision cannot even begin to understand what the world is like for us four-eyed folk. In the shower I have to hold the bottle of shampoo half an inch from my face to read the label in order to avoid inadvertently lathering my hair with body wash — it's happened on more than one occasion.

At 13, I was finally able to convince my parents that wearing glasses AND braces would surely secure my status as a high school uber-dork, a nightmare that would haunt me for all eternity.

I made the transition to contact lenses and never looked back.

And, yet, after 20 years of being unbearably nerdy, my prescription lenses are finally in fashion.

Optical boutiques are shilling pricey retro lenses as a must-have accessory while mass retailers sell oversized plastic specs with clear lenses to irony-loving trend-followers salivating over the geek-chic aesthetic.

As someone sentenced to a life of nearsightedness I resent those poseurs in their fashion frames, mocking me with their perfect vision.

To me, your ironic non-prescription glasses are the equivalent of strutting around with a decorative cane when you're perfectly capable of walking.

Glasses are not just some hollow fashion statement; they should be purchased out of necessity and worn for vision correction, not for their hipster cachet.

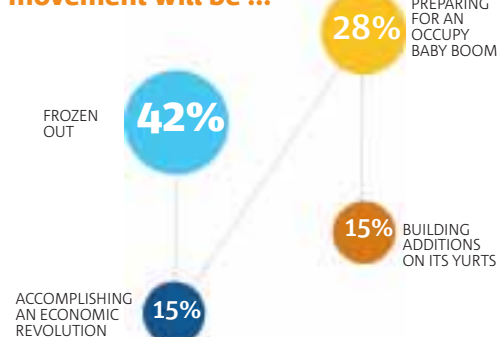
Read more of Jessica Napier's columns at metronews.ca/shesays

I was six years old when I first donned a pair of pink plastic frames with lenses as thick as windowpanes. I don't think I realized it then but my face would never be



Register at
metropolitanpanel.ca
and take the quick poll

At the end of winter, the Occupy movement will be ...



Letters

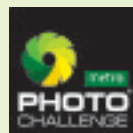
Thank you for the coverage of the G20 meetings.

The agenda for the current G20 meeting in France was originally to be about helping the poor and hungry of the world. Of course all the headlines now are about Europe and Greece. Prime Minister Stephen Harper, whose government has decided to freeze Canada's development aid, will hear from French President Sarkozy and even Bill Gates that aid reduction is not the way to go.

Canadians are a generous and compassionate people but the government is allocating only 0.32 per cent of our national income in development aid. That's less than half of the 0.7 per cent Mr. Harper keeps promising to give and then failing to deliver. Donor nations agree that 0.7 per cent is the amount necessary to make serious progress towards alleviating extreme poverty to 1 billion people in the world.

There are great things happening with the money Canada is sending. If we could just live up to our own promises we could be part of the solution to eradicate mortal hunger in our lifetime.

PAUL INGRAM
DARTMOUTH, N.S.



This photo titled Turn off the TV (Apaga la TV) was submitted to the Photo of the Day category by Valentina Godoy from Chile.



photo of the day

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Ashes to beads, dust to dust

The intense grief that Kim Il-nam has felt every day since his father died 27 years ago led to a startling decision.

He dug up his father's grave, cremated his bones and paid \$870 US to have the ashes transformed into gem-like beads.

Changes in traditional South Korean beliefs about cherishing ancestors and a huge increase in cremation have led to a handful of niche businesses that cater to those who see honouring an urn filled with ashes as an

imperfect way of mourning.

About 500 people have turned their loved ones' ashes into Buddhist-style beads by one company, Bonhyang.

It and several other ashes-to-beads companies say they have seen steady growth in their business in recent years. THE ASSOCIATED PRESS



Kim Il-nam displays beads made from his father's ashes

2

scene

Scene in brief



Meryl Streep is becoming a familiar face in London's government district — the face of Margaret Thatcher. The Academy Award winning actress plays Britain's first female prime minister in the soon-to-be-released *The Iron Lady*. She bears an uncanny resemblance to the Conservative politician on the poster, unveiled Monday with the Big Ben clock tower as a backdrop.

THE ASSOCIATED PRESS



First Look: Pixar forges 'Brave' princess in latest 3-D animated adventure.

A 'krilling' adventure

► Happy Feet Two director talks about his fascination with the hero myth and his choice to make a pair of shrimp-like creatures — known as krills — the focus of a hero saga side story



**RICHARD
CROUSE**
SCENE@METRONWS.CA

"One thing I am drawn to unconsciously is the hero myth," says director George Miller.

Looking over his resumé it's easy to see what he means. His creations, like *Mad Max*, who ruled a dystopian Australian landscape from the driver's seat of a Ford Falcon XB Coupe and *Babe*, the king of the barnyard, are agents of change in their own worlds.

In his new film, *Happy Feet Two*, the follow up to the Oscar winning dancing penguin musical of 2006, you'll have to look closely to see his heroes, because they are the smallest creatures in the movie.

They are Bill and Will (Matt Damon and Brad Pitt), two bug-eyed characters who can only be described as existential shrimps. Actually, they're krill — a minute marine crustacean.

"*Happy Feet Two* is not a saga," he says. "It's not the hero myth, except from the point of view of Will the Krill. From his point of view the world is epic because they are so tiny. He goes off on a classic hero myth, going out, looking into the unknown, confronting great dangers and bringing a boon back to his world."



► Happy Feet Two director George Miller enlisted the help of his daughter to aid in lyric writing for one of the songs.

"Because the film takes place in a truncated time period it was important to make it epic from some point of view. From the krill's point of view it's a very big world — universe — out there. We saw them like space explorers wanting to go out beyond their world."

The krill may leave their flock — the "krillions" of krill they live with — to go on a journey, but Miller says the point

of the story has more to do with family than heroes.

"They begin by being torn apart in some way," he says, "and it is only in the coming together that they are able to solve the problem."

For Miller, *Happy Feet Two* was a bit of a family affair, but not intentionally. He says he turned to his daughter to write the lyrics of the show-stopping tune Eric's Opera be-

cause he was desperate.

"We had three very well-known writers who have written musicals in Australia to try and write some lyrics and it just wasn't working," he says. "It was over elaborate so I called her and said, 'Can we just sit down together and work through it.' In two hours she had it, but it was more out of desperation than wanting specifically to work with my daughter."

Will the Krill's adventure

► When Will decides to swim out on his own to see the world beyond the krill swarm, skittish Bill tags along. They discover, to their horror, that krill are just munchies for others, sending Will on a quest to move up the food chain and become a predator.

THE ASSOCIATED PRESS

DVD Releases

Buy it 🍿🍿🍿🍿 | Rent it 🍿🍿🍿 Borrow it 🍿🍿 | Yawn 🍿 | Don't bother 🍿

Harry Potter and the Deathly Hallows: Part 2

Genre: Adventure

Director: David Yates

Stars: Daniel Radcliffe, Emma Watson, Rupert Grint

Ten years and eight films after *Harry Potter's* cinematic adventures began, the saga resolves in ways suspenseful, romantic and thrilling.

In *Harry Potter and the Deathly Hallows: Part 2*, returning director David Yates, screenwriter Steve Kloves and many other cre-

ative hands pull out all the stops for the grand finale of the boy wizard's long battle with evil Lord Voldemort, a snake-faced creep played with masterful menace by Ralph Fiennes.

The action rarely flags in the film, which at 131 minutes is the shortest of the *Harry Potter* sagas.

The long-anticipated siege of Hogwarts gets what can only be called the Lord of the Rings treatment, with visual mayhem and character dynamics writ large. Even viewers ful-

ly versed in the plot will find themselves catching their breath as long-simmering developments reach fruition and apparent red herrings are addressed.

The only disappointing aspect of this otherwise stellar send-off to *Harry Potter* is the post-production conversion to 3D (available with the Blu-ray), which adds absolutely nothing to the experience.

This outing can be summed up by the final three words of the final *Potter* book, which I pres-



ent as a teasing acronym to avoid spoilers: "AWW." That may also be the sound you make at the conclusion of the film's romantic epilogue, which will prompt many smiles of satisfaction.

Extras, mostly on the Blu-ray, include deleted scenes, Maximum Movie Mode, a conversation with Daniel Radcliffe and J.K. Rowling and numerous featurettes. ● PETER HOWELL

A big, beautiful world beyond Hogwarts

STEPHEN LOVEKIN/GETTY IMAGES



► The cast of *Harry Potter and the Deathly Hallows: Part 2* arrive at the film's July 2011 premiere. The film is available today on DVD and Blu-Ray.

Checking in

And what of all of the other wizards?

- Irish actress Evanna Lynch, who was a diehard Potter fan before landing the role of Luna Lovegood midway through the series, has already relocated to Los Angeles to push her career forward.
- James and Oliver Phelps, who played twins Fred and George Weasley, have some projects lined up together and some without each other. "We won't go out

and say we have to do something together now," says Oliver. "If anything, we did think at one point that we'd have to do something separate, but a few of the older cast-members from Potter were saying to us, 'No, why are you casting yourselves out of stuff? Keep your options open all the time.' Which is a great piece of advice."

► Jason Isaacs, who tormented Harry Potter as aristocratic death eater Lucius Malfoy, has a highly anticipated TV series, *Awake*, debuting soon.

► As the final Harry Potter film hits the shelves, the cast and crew take a final bow and look toward the future

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METRO WORLD NEWS IN HOLLYWOOD

The streets of Universal Studios' replica Hogsmeade seemed a little more authentic last weekend, with actual Weasley's and other wizards wandering about.

Cast members and filmmakers from the eight-film Harry Potter series assembled at the Wizarding World of Harry Potter theme park in Florida for one last hurrah, just in time for the DVD and Blu-Ray release of the series' final film,

"Potter gave me so many opportunities, but it never gave me the opportunity to do something small between each movie, and now I want to make some smaller movies..."

DAVID YATES,
DIRECTOR OF THE FINAL FOUR
INSTALLMENTS OF THE
HARRY POTTER FILM SERIES

Harry Potter and the Deathly Hallows Part 2.

How much of a goodbye this really isn't clear, of course, as there are still a few Potter events on the calendar — Leavesden Studios in England will open its doors in March for special tours of key sets from the series, and a more comprehensive, extras-packed box set of all eight films will inevitably be offered up to consumers. And that theme park certainly isn't going anywhere.

But the big party in Orlando still served as a send-off celebration of sorts, offering cast and crew a chance to reflect as

well as look to the future.

"In one way, it's quite nice to come back and do one last thing, in a way, as part of the process of letting go," says David Yates, who directed the series' final four films.

"It's been all-encompassing. You just were completely immersed, and that has wonderful things about it and not-so-wonderful things.

It's a bit of an island, Harry Potter, in the sense that it was a very close-knit family and you work in this very intense, closed environment, and they never stop doing

anything but just making Harry Potter. So it was a relief to get to the end of it and suddenly lift one's head up and realize that there's other things in life other than Hogwarts and wands."

So what is Yates — who has won acclaim for his quieter TV work like *State of Play* and *The Girl in the Cafe* — looking to do next? The key is variety, he says.

"Potter gave me so many opportunities, but it never gave me the opportunity to do something small between each movie, and now I want to

make some smaller movies alongside some big tent-pole movies," Yates explains.

Rupert Grint, who shot to fame as Harry's pal Ron Weasley starting at age 11, did get that chance to branch out, popping up in indie fare like *Cherry Bomb* and *Driving Lessons* between semesters at Hogwarts.

"It was really fun to do those other films, to see how other films are made and step out of this bubble and explore what else is out there. I'm really excited to do more of that," he tells Metro.

Happy Birthday, Xbox

► The Xbox turns 10 today ► Here's why it matters

1. Unveiled Nov. 15, 2001, in a world dominated by Sony's PlayStation 2, the Xbox was the underdog. Creator Microsoft was known for Windows operating systems but not games. But its main feature — a built-in hard

drive — was new, and impressive.

2. Smartly, the Xbox's launch title was *Halo: Combat Evolved*, a first-person shooter series with an already-large fan base.

3. Proof the system was taking off: In 2002, 250,000 people signed up for Xbox Live, the Internet service that connects players around the world. By 2009, the service had 20 million members.

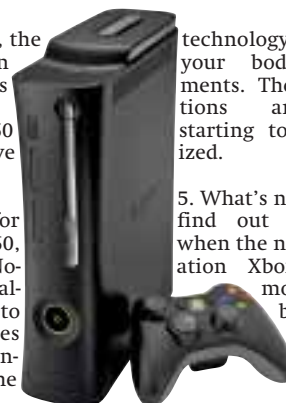
3. In May 2005, the next-generation Xbox 360 was announced. More than 60 million have been sold.

4. Kinect for Xbox 360, launched November 2010, allows you to control images without a controller — the

technology reads your body movements. The applications are just starting to be realized.

5. What's next? We'll find out in 2013, when the next generation Xbox is rumored to be announced.

• METRO



► Halo remains popular to this day.

James cheated with 19 women: Kat Von D

► Tattoo artist bares all on recent Facebook post

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA



Say what you like about Kat Von D, but at least she can admit when she's wrong.

In a rather mature-sounding Facebook blog entitled Thank You, Jesse James, which she posted on Sunday, Von D says her relationship with Jesse was "toxic" and claims he cheated on her with 19 different women before they broke off their engagement in September.

"I know I deserve a big fat 'I told you so,' from



► Kat Von D

everyone, and wish I didn't have to say, 'You all were

more right than you'll ever know,' but you were," she writes.

"Not to worry, I've gladly paid the consequences for every mistake I've ever made, but learned so much from each of them."

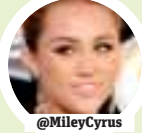
She doesn't have too harsh words for James, actually, just sympathy: "I think it just made me sad today to imagine him still in that dark place — where seeking validation through the attention of women takes precedence over being a good father, a sincere friend, a better coworker, and a happy individual."

And that, my friends, is how you really take a 'supperpoker' to task on Facebook.

Celebrity tweets



Sorry I haven't been tweeting as much! I deleted the twitter app off of my phone. Just taking some "ME" time!



@MileyCyrus



@keshasuxx

Dave grohl just gave me a flask of moonshine.... #uhoh



@ConanOBrien

So a celebrity can just mention a product on Twitter and then they get them sent to them for free? OVEN MITTS!!!



► Brad Pitt

Pitt to quit?

Brad Pitt says he wants to retire from acting at age 50.

"Three years," the 47-year-old actor declares to the Australian edition of 60 Minutes.

"I am really enjoying the producing side and development of stories and putting those pieces together."

Pitt has apparently had

the end of his acting career on his mind lately, as he recently told Culture magazine, "We all have a shelf life, and mine is coming."

But Pitt and partner Angelina Jolie aren't necessarily planning to quit expanding their family.

"You know, I don't know that we're finished. I don't know yet. I don't know," he admits. ● METRO

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Casting a dark light on black licorice

► Eating large amounts of the tasty treat linked to health complications ► Physician tells of a case where patient suffered swelling, high blood pressure from consuming lots of candy



CELIA MILNE
LIFE@METRONews.ca

Warning: Eat black licorice sparingly.

Believe it or not, gobbling up too much of this yummy candy can cause high blood pressure, low potassium, fluid buildup, aching and weakness in the muscles, and unexplained weight gain.

"It is a question of balance," says Dr. Christine Johns, assistant professor at the University of Ottawa and an attending physician at the Ottawa Hospital emergency room.

"I am personally a great fan of black licorice. It is delicious and can be used by people who have chronic constipation, with proper guidance, and it may have other beneficial effects. Adverse effects from black licorice occur only when people consume large amounts and for at least a few days running."

In 2009, Dr. Johns wrote in the Canadian Journal of Emergency Medicine about a 49-year-old physician who came to the hospital with swollen legs, weight gain and raised blood pres-



► Black licorice — it's just one more delicious thing that is bad for you.

sure.

She had been eating between four and seven black licorice cigars a day for 10 days in a row. (She had bought them because she loved them and be-

cause she was going on a family trip, and knew they made good laxatives.) Black licorice contains glycyrrhizic acid (GZA), which can be toxic in large amounts.

"My patient ate far too many black licorice cigars," says Johns. As soon as the woman stopped eating the candy, her symptoms disappeared and her weight went back to nor-

mal.

Just before Halloween, the FDA in the U.S. warned people over age 40 that eating more than 2 oz. of black licorice a day for more than two weeks could land you in the hos-

Black and white

Black licorice isn't all bad.

► **Toxic** There are beneficial effects too, says Dr. Christine Johns, an emergency room doctor at the Ottawa Hospital. "Balance. In all things from diet to exercise," she reminds Metro readers. The ingredient in black licorice that can be toxic (GZA) is also commonly found in herbal remedies for cough, stomach ailments and constipation. It is reputed to have antibacterial and antiviral properties, she says. "When I have patients who suffer from constipation I sometimes suggest black licorice made with natural ingredients if they have no prior problems with blood pressure or kidney function. I educate them about safe amounts."

3

life

Trend of the week

Workout hoodies

The colder it gets, the more we need to cover up for our workouts. A hoodie is the perfect accessory for fitness lovers that don't want to look frumpy when they head out for their morning jog.

● METRO



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Best Health Minute



BONNIE MUNDAY,
EDITOR-IN-CHIEF,
BEST HEALTH
MAGAZINE

Eat By the Clock

I was on Breakfast Television in Toronto recently talking about what you should eat at certain times of day if you're watching your weight. The advice is from dietitians we consulted for an article that's in our November issue. Here's an excerpt:

Morning Eat breakfast! We've all heard it, and it's true, that eating breakfast kickstarts your metabolism and gives you energy to start the day.

Get some protein, such as eggs, Greek yogurt or peanut butter, as protein helps keep you full for longer. Whole grains, like a bowl of oatmeal, also make an excellent breakfast.

But skip the bagel with bacon and cheese, which is high in calories and fat



without a whole lot of nutritional value.

Mid morning Have a **Lunch** A chicken or

snack between breakfast and lunch, or you'll be ravenous at midday and tempted to have a high-calorie lunch.

Apple slices with peanut butter is a good snack choice (and peanut butter has healthy fats), or try baby carrots dipped in yogurt, which gives you one of the seven to eight servings of vegetables and fruit that women need daily.

salmon sandwich (maybe using leftovers from dinner the night before?) with some red pepper strips and cucumber slices is filling and healthy.

To find out what not to have for lunch, and what to eat in the afternoon, dinnertime and evening, pick up the November issue, which is on newstands now.

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552 million people could have diabetes by 2030; experts say many cases still preventable

From extreme smoker to an extreme success

► Going on 30, Ray Zahab was smoking up to two packs a day ► He quit and is now an ultra marathoner who has run across the Sahara desert and Antarctica

ROMINA MCGUINNESS
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METRO WORLD NEWS IN LONDON

Ray Zahab told Metro in his own words how he dealt with his addiction to smoking.

Here is his story of addiction and how he moved on from it.

"I was sedentary. I wasn't the sporty type; in high school I was the 'dodge ball target.' At 30, I felt unfulfilled. I needed to change something but I didn't know what. I decided to take control of my

body. It wasn't about being healthy. It was about becoming a different person.

In my case smoking wasn't an addiction, it was something I loved doing. Having a cigarette went hand in hand with a cup of coffee or a pint of beer.

Giving up was a metaphor for all the negative things in my life. Step 1 was giving up the worse thing I was doing to myself. Tobacco.

It took me a year and a half to quit but on New Year's Eve 1999 I smoked my last cigarette and from Jan. 1 onwards I looked at

life differently.

I lived every day like my last and discovered my body was like an engine. I was 30 years old and I was being introduced to someone I'd never met. That person is in each and everyone one of us. As I came to control one thing, I began closing the door on the negative and opening up to the positive. This sounds cheesy, but all the negativity in my life was gone. I took up mountain biking and within three months my body was completely clean. I wasn't a runner; I lacked power and

endurance and I didn't think I had the build but in 2003 I read an article about ultra marathons and I thought, 'what the heck' and signed up to run the Yukon arctic race.

I'd run a maximum of five times in three years and I had just under three months left to transition from mountain bike to marathon training.

Half way through the race I was on the verge of dropping out. I was dragging my sled and freezing. I sat down and went through the things that had bought me here. I

thought, 'four years ago, you quit smoking and this is where it has lead you.' I got up and took it one step at a time, determined to go as far as possible.

Then I lost track of time. I started running, walking, running walking and my mind was in a different place. I don't know how, but I won the race.

Running taught me I could do things I would never have imagined. I've since won several extreme races but have not strived to become Mr Extreme. We can all achieve the impossible."

Quoted

"This very moment, right now, is all there is. Nothing else exists. It is the most precious moment you will ever have, so live it as fully as you can."

ED AND DEB SHAPIRO, AUTHORS OF BE THE CHANGE, HOW MEDITATION CAN CHANGE YOU AND THE WORLD

How I quit

- 1 Believe in yourself. It sounds corny, but we can be our own worst enemies.
- 2 The challenge in overcoming many challenges we face are 90 per cent mental. The other 10 per cent is all in our heads.
- 3 Quit smoking cold turkey. Slowly build it up so that you're smoking less and less each day but once it's your last, it's your last.



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METRO WORLD NEWS



► Ray Zahab started smoking at an early age. Since quitting he has gone on to lead an active life competing in marathons and other events.

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Shawarma with a Tuna Twist



Ingredients:

- 1 can (85 g) each flaked light tuna (lemon & pepper, and garlic & hot pepper)
- 5 mL (1 tsp) cumin
- 2-25 cm (10 inch) whole wheat pitas
- Half tomato, diced
- 2 each romaine lettuce leaves (shredded), red onion slices, dill pickle spears, cucumber ribbons

Cucumber and Dill Sauce:

- 45 mL (3 tbsp) plain yogurt
- 30 mL (2 tbsp) diced cucumber
- 15 mL (1 tbsp) chopped dill
- 1 clove garlic, minced
- 5 mL (1 tsp) lemon juice

Preparation:

1 Cucumber and Dill Sauce: In small bowl, stir together yogurt, cucumber, dill, garlic and lemon juice. Cover and refrigerate.

2 In another bowl, combine both cans of tuna and cumin. Lay pitas flat and divide tuna mixture along centre of each pita. Top with lettuce, tomato and onion.

Top with pickle and cucumber. Drizzle sauce over each and roll pita up tightly to serve.

● EMILY RICHARDS/
CLOVER LEAF

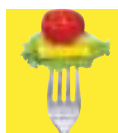
Buon appetito at Amici

► This authentic, quaint Italian ristorante makes up for service delays during a busy day with its delicious eats such as Escargot and Ravioli Ripeni

PAUL MITCHELL

LUNCH RUSH

PAUL MITCHELL
FOOD@METRONEWS.CA



Every restaurant has one of those days during which the unexpected happens.

My visit to Amici happens on one such busy day: the food is great, but with a few delays.

We enter the quaint Italian trattoria that comfortably seats two dozen. The server explains a group of eight will cause delays.

► **Amici Italian Ristorante**
350 Dundas St. E.
amicieatery.com
Social lunch: Yes
Client negotiations: Yes
Price range: \$8.95 - \$14.95
Rating: 3.5 out of 5



► Escargot with Leeks (\$8.95).

Incredible fresh-from-the-oven bread is served with olive oil and balsamic. We happily munch while we wait. Our appetizers finally arrive: Insalata Cesare (\$7.95) is well-dressed but bland; Escargot with Leeks

(\$8.95) impresses.

There's another long interval before I get my Ravioli Ripeni (\$14.95). The Nonna's meat sauce is sublime but the pasta is too al dente. The baked Stromboli (\$12.95) is amply filled

with scrumptious steak, mushroom and cheese.

Although our waiter is distracted and the food takes way too long, Amici serves authentic Italian cuisine that is hearty, satisfying and worth the wait.

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TALKING TIPS

CHARLES THE BUTLER



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FOR MORE, VISIT
CHARLES
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This is my last article from my trip to China. While having dinner in Shanghai recently at a fantastic restaurant called The Bund, we started talking to the table beside us.

This wonderful group of 10 turned out to be fellow commonwealth members, from Australia, vacationing through China. At some point someone asked "does anyone know when and who to tip in a hotel?"

The group at my table laughed and said, "Charles, do you want to answer that question?"

That's such a great question I had to jump in. Now, first I think you might like to know that the word "tip" stands for, which is "to insure promptness." Originally a tip used to be given before you asked for a service so that you could ensure good, quick and professional service. Today it is customary to give a tip after the service is performed.

So the short answer is you can give a tip to anyone who goes out of his or her way to help you, but below is a basic chart to help guide you. Now I have purposely left out how much to tip, because that is truly dependent on where you are in the world, what kind of hotel you are staying at and



► The bellman at a hotel should be tipped.

how generous a tipper you are.

People you should tip in a hotel

- Bellman who carries your luggage to and from your room.
- Housekeeper who cleans your room (most forgotten employee).
- Concierge who makes your reservations and/or advises you on local plans and information.
- Waiter/waitress in the restaurant.
- Room service. Although they generally already have a gratuity added to the invoice, most still give a little additional gratuity.
- Car jockey when they return your car.

HAVE A QUESTION? EMAIL CHARLES AT
ASKCHARLESTHEBUTLER@
METRONEWS.CA.

Date Night



► Check to see if any pubs in your area offer trivia nights.

Ideas for your next date

1 Q & Play

Put your useless knowledge to the test at a local trivia night. Check pubs in your area — many offer some sort of Q&A evening. Team up with your partner to become one unstoppable quiz-show force.

2

Cache me if you can! Who doesn't love a good treasure hunt? Go geocaching! Join in a public cache or "bury" your own treasure and have your guy or girl get searching.

3

Back to the future Will you have a white-picket fence and 2.5 kids someday? Is a promotion just around the corner? Will the Cubs

ever win a World Series? Find out your future forecast together by visiting a palm reader.

4

Early birdies Watch the world wake up. Set your alarms for 5 a.m. some Saturday. Head to a lookout or good vantage point to see your town at a glance. Curl up in a blanket, sip some cof-

fee and watch your city come alive.

5

You and the ___ factory While it may not seem sexy, a factory tour can get your blood pumping! Find out how your fave sinful goodies are made: Think chocolate or booze!

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FIGHT COLD AND FLU SEASON

HAND HYGIENE KEY

How many times did you wash your hands today?

If it's fewer than five times, your risk for catching a cold or flu virus goes up, according to Dr. Bonnie Henry, medical director, Communicable Disease Prevention Service at the B.C. Centre for Disease Control.

With cold and flu season in Canada gearing up and not peaking until early 2012, it's important to do everything you

can to avoid the viruses that cause colds and flu.

"We know that people who wash or clean their hands five times a day are less likely to get colds and flus," says Henry.

Most respiratory viruses spread by coughing, but they can also spread indirectly when people cough into their hands and then touch objects. A virus can survive on commonly touched surfaces such as doorknobs, countertops, faucets and toys — popular places young children put their little hands on

every day. Kids aren't always as careful with their hygiene as adults — they drop toys, play on the floor, and put their hands in their mouths. Using a product like Mr. Clean with Febreze freshness Disinfectant Liquid can help. It is not only formulated to kill the flu virus (influenza A2) when used as directed, but it also leaves a fresh, pleasant scent behind.

"Viruses can stay alive for 24 to 48 hours," says Donna Wiens, president of the Community and Hospital Infection Control Association (CHICA) and an

RN and infection control specialist.

"So the next person that comes along and turns the doorknob or uses the telephone, is at risk.

"We're big promoters of hand hygiene, cough etiquette (such as covering your mouth when you cough), influenza immunization, and staying home if you're sick. And none of those stand on their own — they all go together."

The other important message: it's everyone's responsibility to do everything possible to avoid spreading germs.

— Ylva Van Buuren

GET WELL SOON



TOM LE GOFF/PHOTODISC/THINKSTOCK

The average child will get between eight and 12 cold or flu viruses a year, while adults typically get six to eight. The bad news? There's no cure.

"You can't take antibiotics for a virus," says Dr. Jonathan Kerr, a spokesperson for The College of Family Physicians of Canada. "But your body will heal itself in five to 14 days, depending on how severe the virus is."

To get well soon, Kerr recommends following these doctor's orders:

GET PLENTY OF REST If you sleep for a day or two when you first get sick, the world won't stop revolving — and it could help you feel better faster. "I ask my patients how well they're really functioning when they feel miserable," says Kerr. "The body will heal itself if you do the right things, but you have to be patient. It could take a week or two before you feel completely well again."

REPLACE LOST FLUIDS If you're vomiting and sweating or you have diarrhea, drink lots of water or other non-caf-

feinated beverages such as juice and herbal tea. Homemade chicken soup is great too. "If someone who cares about you made it, there's a psychological component that will make you feel better," says Kerr. "Plus it's mostly fluid, and the protein in the chicken will give you some strength." Since ginger has anti-nausea properties, sipping cold or warm flat ginger ale may ease stomach upset.

SEEK OVER-THE-COUNTER RELIEF A pharmacist can help you choose a product to ease a cough, a runny or stuffy nose or muscle aches. Want to try a supplement? Go ahead — some small studies have shown that zinc and echinacea may lessen a virus' duration by half a day if you take them when symptoms start. "If you take the proper dosage, it won't hurt and it might help," says Kerr.

— Jane Doucet



ISTOCKPHOTO/THINKSTOCK

IS IT A COLD OR FLU?

Cold symptoms include sneezing, runny nose and congestion as well as headache, cough and sore throat. Fever is the hallmark difference, says Wiens. If you have the flu, you may have fever as well as severe body aches and muscle aches.

— Ylva Van Buuren

febreze

breathe happy
holidays



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PREVENTION PLUS

HOW TO AVOID CATCHING AND SPREADING BUGS AT HOME

Uh oh — your third grader has come home sick and is coughing up what you're pretty sure are her lungs. How do you prevent catching what she's got, or any other cold and flu bugs that invade your home before the end of April? Read on.

TEACH EVERYONE IN THE FAMILY TO WASH THEIR HANDS REGULARLY “This is the best way to stop the spread of those germs,” says Dr. Carol McConnery, a Gatineau, Que.-based family physician. Don't forget to wash your hands after every time you use the bathroom, come in from outside, and sneeze or cough into your hands. If you share keyboards, phones, and so on, try to wipe those surfaces clean regularly and to wash your hands after use.

PRACTISE THE SLEEVE SNEEZE Make sure everyone sneezes or coughs into their elbow rather than their hands to prevent spreading germs. “Or cough and sneeze into a Kleenex, which they then throw it out. Don't leave their Kleenex everywhere and someone else picks it up,” says Dr. McConnery.

DON'T SHARE Family members often share personal use items without even realizing it — think face cloths, hand towels and more. “So be careful not

to drink out of other's glasses, and no sharing of toothbrushes. And moms, don't put the soothers in your mouth before it's into the baby's — things like that,” says McConnery.

CONSIDER SUPPLEMENTS Anne Marie Picone Ford, a pharmacist and owner of Ford's Apothecary in Moncton, N.B., recommends vitamin D specifically. “It helps boost the immune system in an effective way and you can take it in tablet or drop form.” (Check with a pharmacist about how much you should take daily — and other supplements and cold prevention products.)

— Astrid Van Den Broek

GOING PUBLIC

Along with hand washing with soap and water (or alcohol-based antibacterial gels) after you've touched public surfaces, your best bet to avoid getting the flu is by getting an annual flu shot. There are a few new flu products on the market, says Dr. Bonnie Henry, the medical director for communicable disease prevention service at the B.C. Centre for Disease Control in Vancouver. Flu Mist is a nasal spray vaccine that is very effective and available for healthy kids ages two to 18, says Dr. Henry. Provincial health plans don't cover it and you need a prescription. There's also a new flu shot called Fluad for people over 65 that helps boost the immune response. Ask your family doctor about both.

IMMUNE BOOSTERS

SOME FOODS CAN HELP YOU FIGHT SICKNESS

The immune system is how your body defends against illness, says Toronto-based registered dietitian Cara Rosenbloom.

While experts recommend a healthy lifestyle in general, there are specific foods that help strengthen the immune system, says Rosenbloom. “Even if you still get a cold, having a strong immune system will help you fight it faster.” Here's a shopping list.

PROBIOTIC YOGURT Probiotics are good bacteria that strengthen the immune system, says Rosenbloom. Read labels and look for yogurts with added probiotics. Research shows that about 10 billion active probiotic cultures per day may help shorten the length of a cold and reduce symptoms.

FRUITS AND VEGETABLES About 200 milligrams of vitamin C daily before you get a cold may slightly reduce cold symptoms and help make the cold go away faster. Getting the recommended seven to eight servings of fruits and vegetables daily will give you enough vitamin C, says Rosenbloom. Some of the best sources: red peppers, oranges and strawberries.

ZINC-RICH FOODS Studies show taking zinc within 24 hours of getting a cold may help lessen symptoms. Studies use 23 milligram supplements daily, says Rosenbloom. But, you also get the mineral in beef, crab, turkey, pork and

chicken as well as beans, nuts and pumpkin seeds.

VITAMIN D-RICH FOODS Vitamin D helps keep immune cells functioning properly too, says Kristen Schiener, a registered holistic nutritionist in Toronto. The best sources are eggs, fatty fish, beef liver and calf liver.

FATTY FISH Schiener says omega 3 essential fatty acids also play a critical role in the immune system. The best food source is fatty fish such as salmon, hering, mackerel and sardines.

— Ylva Van Buuren

FEED A COLD, STARVE A FEVER?

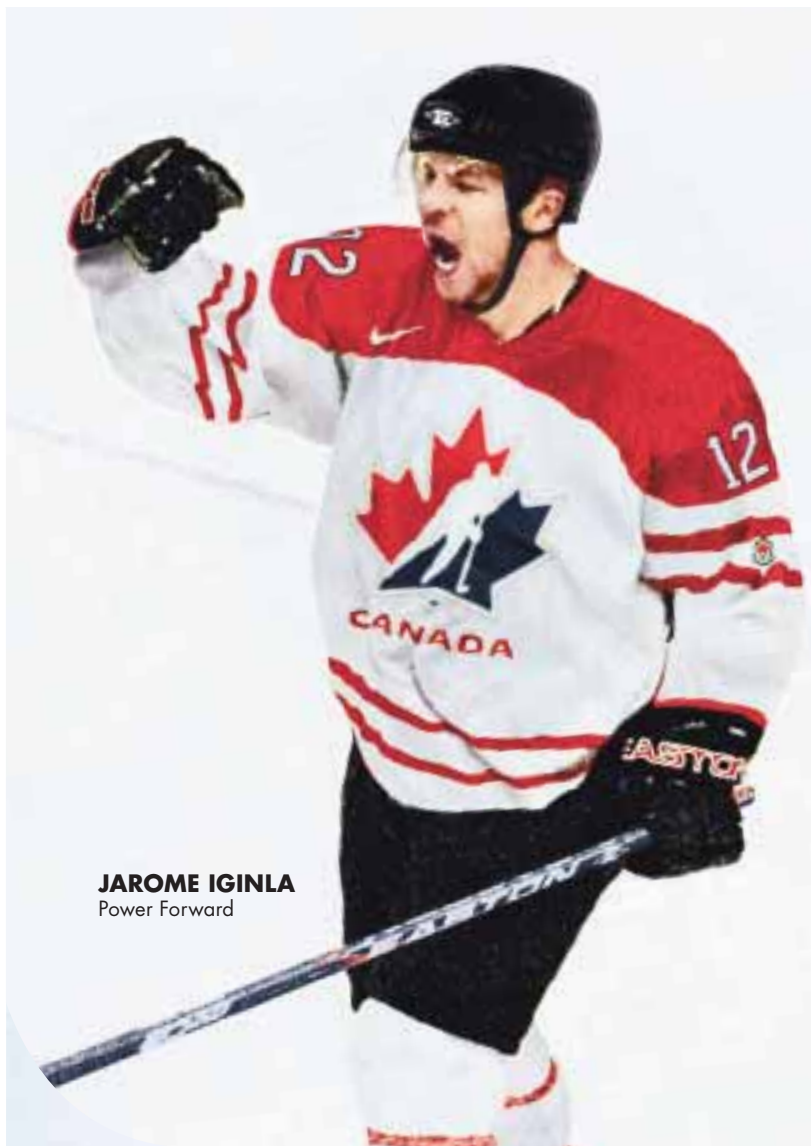
Don't do it, according to the Dietitians of Canada website. Whether you have a cold or flu, the association recommends eating smaller, more frequent meals and snacks to support the body's defences. What you don't want to feed your body with are foods high in sugar or saturated fats. Eating sugar actually causes your immune function to go down, says Schiener. Bad fats also interfere with the efficiency of the immune system.

DRINK UP

“Viruses and bacteria get into our bodies when our membranes get dried out in the nose and back of throat,” says Schiener. “The more lubricated your body, the easier it is for us to fight off infection and keep germs out.” Schiener recommends clear fluids like herbal teas and water. If water is boring, add a splash of fruit juice.



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Picture this: It's Christmas morning and you swap presents with your honey bunny. Surprise! You get a \$600 iPad and a terrible sinking feeling in your stomach because you only bought a \$50 sweater. Whether or not you could have spent more, you feel guilty.

Have you talked to your Holiday Honey about what you plan to spend on each other this season? A simple conversation can save you sleepless nights, loads of guilt, and hundreds of dollars. While you're making dinner or out for a walk, ask your partner what they'd like for Christmas. Then talk about what both of your holiday budget limi-

tations are. For example, you may have set aside \$500 and have to buy gifts for 10 people while your honey may have \$1,500 to spend on five people.

If your holiday budgets are significantly different, talk about it! Does it make you uncomfortable? Is your partner OK if the value of their gift is much different from yours? If you're not cool with the budget disparity, pitch the idea of setting a limit like \$100 per person.

If you can't agree on a dollar value, consider putting money toward a joint gift like a weekend trip to the mountains. Better yet, make a donation or volunteer together at your favourite charity.

Remember that in lean times couples often don't exchange any gifts. Rather, they'll swap homemade cards or enjoy free festive activities like viewing holiday displays or playing shiny hockey with neighbours.

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What's in your best interest?

ON MONEY

ALISON GRIFFITHS

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Are you challenged? According to the November study of Canada's 5.8 million

residential mortgages by the Canadian Association of Accredited Mortgage Professionals, (CAAMP), 12 per cent of homeowners would feel the pinch if their mortgage rate rose by less than one per cent.

At the same time, 36 per cent of homeowners have been making heightened efforts to pay down their mortgage through increased monthly payments, lump sums, more frequent payments or a combination.

This is heartening news, but is it the best strategy? Probably yes if a mortgage

is your only debt, but probably no if you owe money elsewhere.

The first step to finding the right course of action is to make a list of everything you owe, including principal, interest rate and the payments you typically make.

During the past year, the average rate for fixed rate mortgages according to CAAMP was 3.88 per cent.

Other borrowing can range from four per cent for home equity lines of credit (though obviously those with top credit rating will get better rates) to 29.99 per cent for some bank and retail credit cards.

Let's suppose you're one of the 36 per centers and are accelerating mortgage payments. But let's also suppose you have credit card and credit line debt of \$25,000 with a combined (weighted) interest rate of 10 per cent (both roughly the Canadian average).

Doing the math

A rate hike of 1% will increase the average Canadian mortgage by \$77 a month.

▶ A hike of 2% increases it by \$158 monthly.

If your non-mortgage debt payments are \$500 it will take you 300 months or 25 years to retire the debt and you'll spend over \$17,000 on interest along the way. Ouch!

However, if you just pay the required minimum on your (for now) cheap mortgage and accelerate payments on your other debt the picture looks better.

By increasing your credit line/credit card payments to \$750 the debt vanishes in 40 months and interest costs decrease to \$4,400.

At that point you can turn the entire consumer debt payment of \$750 to



▶ Alison's money rule: Before increasing mortgage payments tackle higher interest debt first.

your mortgage and it will begin to disappear very quickly. Now that's real protection from interest rate increases! Don't forget that personal and home equity lines of credit are just as vulnerable as mortgages to interest rate hikes.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

Grocery stores aiming to cash in on health foods

▶ More of us are spending our hard earned money on specialty foods ▶ Examples include gluten-free bread, products that are high in antioxidants or low in salt, as well as ready-to-eat ethnic dishes

Consumers can expect to see more products tying together the theme of food and health on grocery store shelves in the coming year, according to the head of the Canadian Federation of Independent Grocers.

John Scott, president and CEO of the organization, says manufacturers are developing more products geared toward people who have such health issues as celiac disease or allergies to various ingredients.

"In food the biggest trend right now is we're really seeing the whole issue of healthy manifested in the mainstream products," Scott said recently from the floor of the trade show Grocery Innovations Canada 2011, the coun-

try's largest gathering of grocers, and the place where the food industry introduces new lines and products.

"For example, you're seeing large companies like Nestle and General Mills and that kind of thing paying attention to things like gluten-free and other allergy-free issues because these are becoming big issues in society. Food and health is a strong issue" and a "real trend in our society."

And it's a trend that transcends all cultures, said Scott, who has headed the organization for 20 years.

"Everyone is interested in food and health. We've all of a sudden realized that whatever we eat manifests itself in how we're

going to be down the road, so salt reduction is very important, fat reduction is very important..."

He cited the improvements made in gluten-free products, which are sought after by celiac sufferers whose small intestine won't absorb parts of foods that are important for staying healthy, such as the gluten protein found in wheat, rye and barley.

"Typically when they first started developing gluten-free products they didn't taste that great because they're taking out standard ingredients that you're used to consuming — your wheats and that kind of thing — but what they've done is they've replaced those in such a way that your cake mixes and your cereals ... taste as



▶ John Scott

good as the original product. So there's been some great advances made because frankly consumers are looking for that."

The industry is also attuned to better pricing of such products, he said.

"There was a time you

"In food the biggest trend right now is we're really seeing the whole issue of healthy manifested in the mainstream products."

JOHN SCOTT, PRESIDENT AND CEO, CANADIAN FEDERATION OF INDEPENDENT GROCERS

had to pay a premium for that and now natural foods ... are all priced competitively."

At the trade show, he cited baked products that are lactose free, kosher and chemical free without added salt, a Greek-style yogurt with no gluten, no gelatin and 100 per cent cane sugar, a sausage made

from organic, home-raised pork with added omega-3 and no antibiotics, and better-for-you products heavy in antioxidants, such as dark chocolates.

"You're going to see more healthy products like that on the market," he said.

Another trend Scott pointed to at the mammoth show, which featured some 500 booths, is more prepared ethnic foods.

"Society is becoming very used to consuming ethnic foods, particularly in restaurants, and we like to have them at home, but we don't know how to prepare them so companies are tending to produce that type of product," said Scott.

THE CANADIAN PRESS

‘Nuclear winter’ for NBA?

Commissioner says season is in jeopardy after players reject offer, start to disband union

NBA players delivered a resounding but risky response to one more ultimatum from NBA commissioner David Stern: See you in court.

The players' association rejected the league's latest proposal for a new labour deal yesterday and began disbanding, paving the way for a lawsuit that throws the season in jeopardy.

Negotiating went nowhere, so now the union is going away.

And Stern said "nuclear winter" is coming.

"We're prepared to file this antitrust action against the NBA," union executive director Billy Hunter said. "That's the best situation where players can get their due process."

And that's a tragedy as far as Stern is concerned.

"It looks like the 2011-12 season is really in jeopardy," Stern said in an interview aired on ESPN. "It's just a big charade. To do it now, the union is ratcheting up I guess to see if they can scare the NBA owners or something. That's not happening."

Hunter said players were not prepared to agree to Stern's ultimatum to accept the current proposal or face a worse one, saying they thought it was "extremely unfair." And they're aware what this battle might cost them.

"We understand the consequences of potentially missing the season; we understand the consequences that players could



► NBA Players Association president Derek Fisher, surrounded by NBA players, speaks during a news conference after meeting with the players' union yesterday.

potentially face if things don't go our way, but it's a risk worth taking," union vice-president Maurice Evans said. "It's the right move to do."

But it's risky. Hunter said all players will be represented in a class-action suit against the NBA by lawyers Jeffrey Kessler and David Boies — who were on opposite sides of the NFL labour dispute, Kessler working for the players, Boies for the league.

"Mr. Kessler got his way, and we're about to go into the nuclear winter of the NBA," Stern told ESPN. "If I

'Broken down'

Union executive director Billy Hunter said the bargaining process had "completely broken down."

were a player ... I would be wondering what it is that Billy Hunter just did."

The league already has filed a pre-emptive lawsuit seeking to prove the lockout is legal and contends that without a union that collectively bargained them, the players' guaranteed contracts could legal-

► Players made numerous economic concessions and were willing to meet the owners' demands of a 50-50 split of basketball-related income, but only if the owners met them on their system wishes.

ly be voided.

During oral arguments on Nov. 2, the NBA asked U.S. District Judge Paul Gardephe to decide the legality of its lockout, but he was reluctant to wade into the league's labour mess. Gardephe has yet to issue a ruling.

Two years of bargaining

couldn't produce a deal, with owners' desires for more competitive balance clashing with players' wishes to keep the salary cap system largely intact.

Stern, who is a lawyer, had urged players to take the deal on the table, saying it's the best the NBA could offer and advised that decertification is not a winning strategy.

Players ignored that warning, choosing instead to dissolve the union, giving them a chance to win several billion dollars in triple damages in an antitrust lawsuit.

THE ASSOCIATED PRESS

4

sports

Quoted



"The Phillies showed they were interested in me and I wanted to make this decision quick and get it over with."

FORMER RED SOX CLOSER JONATHAN PAPELBON AFTER HE FINALIZED A \$50 MILLION US, FOUR-YEAR CONTRACT WITH THE PHILLIES YESTERDAY.

Hockey greatness from unlikely places



► From left, Doug Gilmour, Mark Howe, Joe Nieuwendyk and Ed Belfour at the Hockey Hall of Fame in Toronto yesterday.

There is no one certain path to the pinnacle of a sport.

As Joe Nieuwendyk, Ed Belfour, Doug Gilmour and Mark Howe took their place in the Hockey Hall of Fame yesterday, they reflected on careers that looked nothing alike but ended with them standing together on the sport's grandest stage.

"It's what makes it such a special place," said Nieuwendyk. "I think the

common bond with a lot of these faces that I see on the walls ... is a real genuine passion and a love for the game and high competitive spirit in all of us."

Nieuwendyk attended Cornell at a time when the NCAA route was far less travelled and went on to win Stanley Cups with three different teams.

Belfour was considered eccentric, but managed to compile the third most vic-

tories in NHL history despite never being drafted.

Gilmour was selected in the seventh round in 1982 and wound up playing almost 1,500 career games with a heart-and-soul style that belied his modest size.

Howe grew up in the shadow of his legendary father Gordie and began his pro career as a winger before later becoming one of the NHL's best defencemen.

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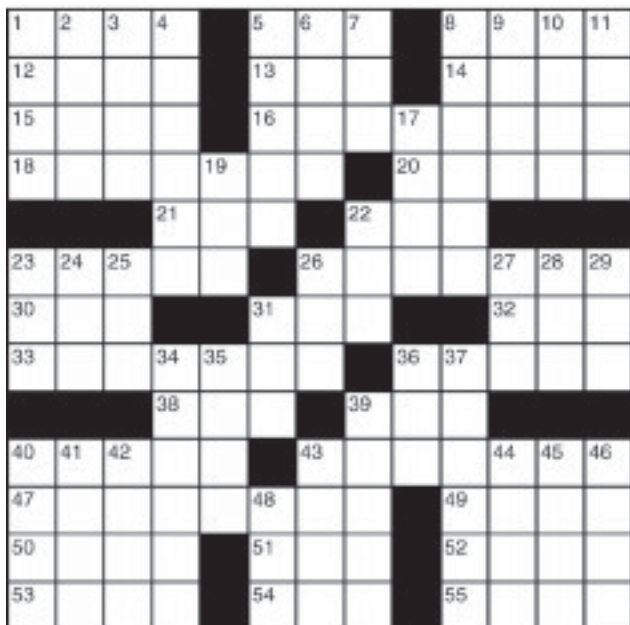
Crossword

Across

- 1 Dispatch a dragon
- 5 Pharm. watchdog org.
- 8 Spades or hearts
- 12 Former larva
- 13 Writer Fleming
- 14 Leading man?
- 15 CEO, e.g.
- 16 Poisonous metallic element
- 18 "— Overcome"
- 20 In a proper way
- 21 Attempt
- 22 Eggs
- 23 Intersection
- 26 Green onion
- 30 Tavern
- 31 Jewel
- 32 Rage
- 33 Not deep
- 36 Moistur poultry
- 38 Ump's call
- 39 Scoundrel
- 40 Butter substitutes
- 43 Braided bread
- 47 Thurgood of the Supreme Court
- 49 Tittle
- 50 Rim
- 51 Dove's call
- 52 Siblings' biz abbr.
- 53 Night light?
- 54 Optical organ
- 55 Ninth mo.

Down

- 1 Jet forth
- 2 Sumptuousness
- 3 Tarzan's pals
- 4 America's Cup contenders
- 5 In a proper way
- 6 Willy Wonka's cre-

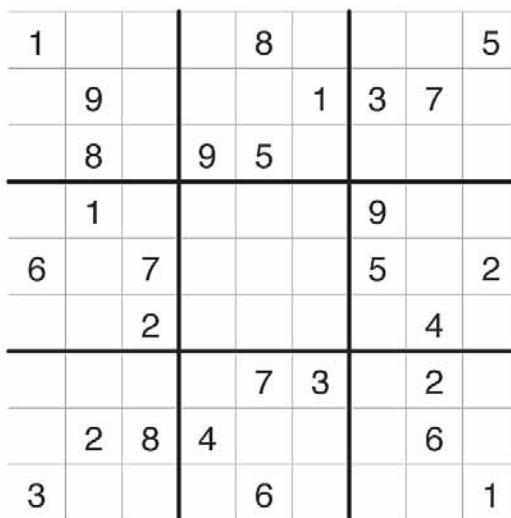


- 7 Literary collection
- 8 Female friend
- 9 Mine entrance
- 10 Manhandle
- 11 TV trophy
- 17 Volcanic outflow
- 19 They're between kues and esses
- 22 Resistance unit
- 23 Letterman's network
- 24 "Go team!"
- 25 Man-mouse link
- 26 Stitch
- 27 Fleur-de- —
- 28 Table scrap
- 29 Shirt shape
- 31 Understood
- 34 Untie
- 35 Thriving
- 36 Sheep's call
- 37 Extemporizes
- 39 Actress Sevigny
- 40 Portent
- 41 Stow cargo
- 42 As a result
- 43 Satiated
- 44 Traditional tales
- 45 On
- 46 Own, Biblically
- 48 Expert

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

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5	8	6	2	4	1	9	3	7
3	2	9	7	5	8	4	6	1
1	9	5	4	3	2	6	7	8
8	6	3	5	7	9	2	1	4
2	7	4	8	1	6	3	5	9
7	3	1	9	6	4	5	8	2
6	4	8	1	2	5	7	9	3
9	5	2	3	8	7	1	4	6

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Everytime I look in your eyes my soul comes alive, I feel I could touch the sky, You touch every part of my heart ... I knew it from the start, I adore you from the top of your head right down to the tip of your toes, I have told the world So everybody knows I love and adore you My Muffin Man Love Pie

FROM PIE

Forever Prince Charming My sweet Darling, I miss everything about you! I feel happier and stronger when I see yr bright smile... Xmas party is around the corner, wish you'll be there! I can't wait to be with you... Just a kiss will make my dream come true...

FROM C. L. SNOW WHITE

Today's horoscope

♈ Aries March 21-April 20 You will find it harder than usual to tell fact from fiction today, especially where relationships and other one-to-one contacts are concerned.

♉ Taurus April 21-May 21 Attitude is everything, especially on the work front.

♊ Gemini May 22-June 21 You would be wise not to make any big decisions or announcements today.

♋ Cancer June 22-July 22 You are in danger of making something appear bigger and more menacing than it really is.

♌ Leo July 23-Aug. 23 Don't be

too eager to make up your mind about something, because you do not have all the facts.

♍ Virgo Aug. 24-Sept. 22 You can usually be counted on to put logic before emotion, but today you will go right the other way and act on feelings alone.

♎ Libra Sept. 23-Oct. 23 Different people seem to be telling you conflicting things and you're at a loss to know who to trust. Trust no one.

♏ Scorpio Oct. 24-Nov. 22 You are reading too much into a situation that is really quite simple.

♐ Sagittarius Nov. 23-Dec. 21 If knowledge is power then it

For today's crossword answers and for expanded horoscopes, go to metronews.ca

stands to reason that the more knowledge you keep to yourself the more powerful you will be.

♑ Capricorn Dec. 22-Jan. 20 Someone is saying nasty things about you.

♒ Aquarius Jan. 21-Feb. 18 You could easily convince yourself to believe that you can do or say anything without repercussion, but that is a very dangerous attitude to take.

♓ Pisces Feb. 19-March 20. You may think that supporting a certain cause makes the world a better place, but is that really true?

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Caption contest

"I ordered medium-rare.. this is practically alive!"

TOMMY



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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